

**Norfolk**

**VIRGINIA**



## **NORFOLK MRC NEWS**

March 2012

### **ONWARD AND UPWARD**

#### ***Inside:***

Tax time, p. 2

Upcoming Training, p. 3

Ten Commandments, p. 3

Environmental Health, p. 4

Volunteer spotlight, p. 5

Marching to Fitness, p. 5

#### ***Upcoming:***

3/6 Mass Fatality  
(polycom)

3/11 START Triage

3/13 Leadership Team  
meeting

3/22 Nursing Team  
meeting

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Now to follow through on the goals set at our annual meeting! We have held two Team Orientations, one each for Health Promotions and Environmental Health Services. The Nursing Team will have a combined orientation and training meeting on March 22nd from 6-8 PM. An MRC Leadership Team has been set up for the Level One volunteers, and they will be working on updating some of our policies and setting

I appreciate your patience as we work to set everything in motion. There are a lot of schedules to coordinate and, as this is a new endeavor, a fair amount of details to work through. My goal is to hold these team orientation meeting several times a year to accommodate new volunteers coming onboard and existing volunteers who would like to try their hand at something new or learn more about different areas



strategies for achieving our unit goals. I've also begun discussion of an Epidemiology Team with our Epidemiology Manager, and more information about that shall be forthcoming.

of the department.

Nonetheless, we are making headway! I am grateful for your support and enthusiasm in supporting public health. **THANK YOU!!**

## INSTRUCTORS NEEDED

We are always looking for new courses to offer, as well as looking for additional instructors to teach existing courses. If you have a skill or are certified to teach a particular course relevant to the MRC, please let me know. We would appreciate your time and expertise in supporting and enhancing the skills within our unit!

## MRC and Federal Tax Deductions

*NOTE: This is an unofficial summary and not an in depth report of tax documentation requirements. Please visit [www.irs.gov](http://www.irs.gov) to read the regulations and understand how these regulations may apply to your particular tax situation. Please note that some of these publications change from year to year, as indicated in their titles. –Courtesy of Tom Russel*

If you itemize your deductions on Form 1040 or 1040A, Schedule A - "Gifts to Charities" is one of the broad categories of deductions.

"Qualified Charitable Organizations" includes "Federal, state, and local governments if the gifts are solely for public purposes" ([www.irs.gov](http://www.irs.gov)). Norfolk MRC is sponsored by Norfolk Department of Public Health and Virginia Department of Health. Medical Reserve Corps is part of the U.S. Citizen Corps, and is managed by the U.S. Surgeon General's Office, Division of the Civilian Medical Reserve Corps. Norfolk MRC functions are primarily in support of Norfolk public purposes, and occasionally in support of Virginia, other states, and Federal public purposes.

Contributions can be in cash, property, or out-of-pocket expenses you paid to do volunteer work for Norfolk MRC or other volunteer organizations. Refer to IRS Publication 526 for details.

For any type of contribution, you may only deduct the amount in ex-

cess of the Fair Market Value of property or services you receive in exchange for the payment, or in excess of any reimbursement you receive.

Property is basically any physical thing you can touch. Receipts are required and pictures are suggested for significant items. You must document how you determined the dollar amount you deducted. There is additional required documenta-



tion for dollar amounts of \$500 or more, and for certain kinds of property.

There are several restrictions on out-of-pocket expenses for travel, meals, and lodging.

If you deduct mileage, you must keep a record of odometer readings you actually used to compute the number of miles, and describe the general purpose of each separate trip.

As with all tax preparation, good record-keeping is a must. For further information, please visit [www.irs.gov](http://www.irs.gov) or check with your tax preparer.

## Upcoming Training and Activities

### **MARCH**

- 3/6** Statewide training "Mass Fatality Response for MRC." 6-8 PM. Please contact Linda to register.
- 3/20** Tornado Preparedness Day. Drill for all state agencies at 9:45 AM.
- 3/22** Nursing Team Orientation. Norfolk Health Dept. Library (2nd floor). Please contact Linda to register.

### **APRIL**

- 4/14** KEEP Event (Kidney Early Evaluation Program). More information to come.
- 4/18** Project Homeless Connect, Norfolk Scope. More information to come.
- 4/23** Psychological First Aid at Virginia Beach Health Dept. 12:30-4:30 PM. Please contact Linda to register.

### **MAY**

- 5/25-5/31** Virginia Hurricane Preparedness Sales Tax holiday
- 5/25-6/2** National Hurricane Preparedness Week

## The Ten Commandments of New Year's Resolutions

1. **MAKE IT PERSONAL.** Change something important to you, not to a parent, child, or partner...
2. **SIMPLIFY.** You don't need coordinating work out gear. Put on your shoes and go for a walk.
3. **BE REALISTIC.** It took five years to gain that weight. You won't lose it in a healthy way in a month!
4. **GO DEEPER.** It is about a better quality of life. When you focus inward, your success is maximized.
5. Think **EVOLUTION NOT REVOLUTION.** See #3.
6. **START** when you are ready. There is no magic about January 1. Anytime is the right time to improve.
7. **TAKE IT EASY.** Be alert to burn out.
8. Find your **FLOW.** Follow your better instincts.
9. **CONNECT** with people. You are more likely to succeed if you have a "buddy", perhaps another NMRC volunteer.
10. Celebrate **SMALL** victories. Be proud of your consistent effort; don't beat yourself up for a slip. Tomorrow is evolving.....

*Information courtesy of Active.com, provided to the MRC by Susan Eilberg*

### ***TRAINING UPDATES***

IS-22 now has the same type of test as the other IS courses; FEMA just changed this within the last few days. There is no more bubble sheet.

∞∞∞∞∞

Many of you have been working hard on getting your required courses completed.  
**THANKS!**



**Paul Revere  
earned his living  
as a silversmith.  
But what do we  
remember him  
for?**

His *volunteer* work. All activism is volunteering in that it's done above and beyond earning a living and deals with what people really care passionately about. Remember, no one gets *paid* to rebel. All revolutions start with volunteers.  
-- Susan J. Ellis

## Diverse Environmental Health Bureau

The Bureau of Environmental Health is diverse in so many areas. Many of you might know that they are the education and regulatory agency for all food establishments in Norfolk, but are you aware that this also includes all mobile units and special events that operate in the City?

Spring is just around the corner and that triggers many other activities and responsibilities of the Bureau. They will be inspecting all public pools in Norfolk and ensuring they are prepared and safe to open by Memorial Day. These pools are to be inspected monthly to ensure bather safety and inhibit the spread of waterborne diseases. At the same time the Environmental Health staff



is preparing to inspect all of the marinas in Norfolk for sanitary conditions in order to protect our precious rivers, lakes, and most of all, the Chesapeake Bay. These inspections are done once a year unless there are problems noted in the initial inspection.

Spring is also the time for the Bureau to rev up for beach monitoring. Staff sample ten beach sites (on the Chesapeake Bay and Little Bay) each week from mid-May through mid-October each year. This process is to ensure our recreational waters are safe for our family, friends and visi-

tors to swim, fish, and enjoy other types of water recreation. Should there be a high bacterial count at one or more of the sites, we resample and post a Swimming Advisory until the waters are again within safe bacterial levels.

Another very important task Environmental Health does is the quarantining of domestic animals after a human exposure. Rabies is a very serious disease and is almost always fatal if not treated in a timely manner. Rabies is endemic in our area.

Spring will bring our citizens and visitors out to our parks and on our streets, enjoying our city and what it offers. All domestic animals are to be under control of their owners at all times. Even with the best care our animals may, through play or aggression, bite or scratch another person. This is an exposure and must be reported to the Health Department so the animal can be observed for ten days.

Should one of your pets have an encounter with a wild animal (fox, raccoon, skunk, or bat), the observation may need to be longer. If a pet is current on their rabies vaccine, the observation period would be 45 days. Keeping your pets vaccinated and ensuring they remain current is extremely important to protect your pet, family, and neighbors from the threat of rabies.

All of these and many other regulatory responsibilities are supported by Bureau staff. Environmental Health also teams with other departments in the Health Department and City to respond to the needs of our citizens and customers.



## Volunteer Spotlight

Many of you stepped up to help out at several different events this month:

**Thank you** to **Renee Genora** and **Pam Hilbert** for their assistance at the HIV testing event on February 7th. They learned some of the testing procedures used in the STD clinic and got to meet some of the staff from that department. We appreciated their help!

On February 11th we held a combined flu-Tdap clinic for the Latino community in Ocean View. With the help of **Jagdeesh Ullal**, **Jane Richardson**, **James Robinson** and **Jim Weckerly**, over 65 doses of flu and Tdap were administered. Great job!

## Marching to Fitness



Did you know that March is National Nutrition Month? You may have noticed the articles in the newsletter this year featuring health and wellness topics, graciously provided by MRC Volunteer Susan Eilberg (*thank you Susan!*).

I thought you might like to know that here at the health department, we're not just talking the talk, we're walking the walk—and trying to eat right, too!

I'd like to invite you to walk with us on Monday, Wednesdays, and Fridays at 1 PM. We meet in Health Promotions on the 2nd floor and walk for 30 minutes, give or take. On days with inclement weather, we briskly walk the corridors of the sec-

The team concept kicked off with Health Promotions on February 22nd and Environmental Health on February 23rd. Thanks to team players **Susan Eilberg**, **Clifton** and **Michelle Fuller**, **Lexie Stone**, **Jagdeesh Ullal**, **Lisa Billow**, **Tica Williams**, **Amy Amaro**, **Yandace Brown**, **Iris Diaz**, and **Jim Weckerly** for learning more about the specifics of these departments. The staff truly enjoyed getting to know you and discussing ideas for working together.

My personal thanks to **Susan Eilberg**, **Tom Russel**, and Environmental Health Manager **Agnes Flemming** for their contributions to our newsletter. I always value and appreciate your input!

ond floor, completing laps totaling a mile or more.

You are also invited to free Zumba, courtesy of Wii, on Tuesday and Thursday evenings at 5:30 in Health Promotions.

In addition, many of us—your coordinator included! - are participating in the Commonwealth's Lighten Up Challenge. This is a six-week weight loss competition, starting April 1st, that encourages safe weight loss through a healthy diet, with the goal for each participant to drop six pounds.

Send me your words of encouragement, or better yet—join me! Teamwork is the best way to win by losing!



## An A+ Effort!

Congratulations to Terrance Afer-Anderson (above) and Amy Amaro (below) for completing their Level Two training and earning their badge, shirt, and Go-Bag. Great work!!

